

CAMPBELL COUNTY SENIOR CENTER &WELLNESS CENTER

Senior Center
(859) 572-4300

3504 Alexandria Pike
Highland Heights, KY 41076

Wellness Center
(859) 547-3665

SEPTEMBER 2009

Mon	Tue	Wed	Thu	Fri
Every Monday 9:30 Fitness Friends Exercise Class 9:30 Pinochle 1:00 Bingo	Every Tuesday 9:30 Line Dance 9:30 Poker 12:00 Bridge 12:30 Euchre 1:00 Wii Bowling 2:00 Tai Chi	Every Wednesday 9:00 Poker 9:30 Fitness Friends Exercise Class 10:30 Health Rhythms 11:00 Wii Bowling 12:30 Pinochle 12:30 Knit/Crochet	Every Thursday 9:30 S. Rummy 9:30 Line Dance 12:00 Bridge 12:30 Pinochle 12:30 Nickels 1:00 Bingo	Every Friday 9:30 Fitness Friends Exercise Class 10:00 Pocket Pool 10:30 Young at Heart Band 11:00 Wii Bowling 12:00 Bridge 1:00 Bingo
“For what human ill does dawn not seem to be an alleviation? <u>Thornton Wilder</u>	1 9:30 Painting Class 2:00 Tai Chi Begins	2 10:30 Health Rhythms 2:00 Chair Volleyball	3 TICKETS ON SALE FOR THE CAMPBELL COUNTY SENIOR PICNIC \$8.00	
7 SENIOR CENTER CLOSED LABOR DAY	8	9 10:30 Health Rhythms 12:00 Popcorn & a Movie 2:00 Chair V-Ball	10 10:00 Diabetes Group Meeting 12:00 Dessert by Atria	11
14 11:15 Concert on New Piano	15 9:30 Painting Class 2:00 Senior Advocates Meeting	16 CENTER CLOSED SENIOR PICNIC “Seniors on Safari” 	17 11:00 Wii Fit Party	18 <i>Join the Exercise Class held every Monday, Wednesday and Friday.</i>
21 12:00 BP & Meds Check	22	23 10:30 Health Rhythms 12:00 Bluegrass Seniors Mtg. 1:00 Cornhole Game	24	25
28 10:00 Wii Bowling Tournament <i>Held at Independence Senior Center</i>	29 10:30 Financial Presentation	30 10:30 Health Rhythms 2:00 Chair Volley Ball	OCT 1st  FLU SHOTS GIVEN AT CENTER TO- DAY SIGN UP!!	Therapeutic Massages are available at the center. For info call Gale 991-5014

SENIOR CENTER:
Sept 9-Wed. 12:00pm-Popcorn & Movie.. Movie is “**Hotel For Dogs**” family friendly. Donation \$1.00 Sign Up !!
Sept 10-Thur. 10:00am-Diabetes Support Group Meeting. Today’s Topic is: “**Understanding Your Test Results.**”
Sept 29-Tues. 10:30am-Financial Presentation. A Financial Advisor will be at the Center for a presentation regarding money matters and answer any of your questions. Sign Up Today!!
WELLNESS CENTER:
Sept 1-Tues. 2:00pm-Tai Chi for Arthritis and Fall Prevention. New Session begins. Donation is \$18.00 for 6 week session. Sigh Up Today!!
Sept 28– Mon. 10:00am -Wii Bowling Tournament. Come to the **Independence Senior Center** and cheer as we compete against Boone Co, Independence, and Atria Highland Crossing for the Gold Bowling Pin trophy!
Wednesdays at 10:30am-Health Rhythms. Join us every Wednesday to discover the benefits of recreational music-making through group drumming. Drums and percussion instruments are provided. All you need is a desire to have fun. No previous musical experience is needed!
Coming in October:
Oct 1-Thur. 10:00-12:00pm-Flu Shots. Ruwe Family Pharmacy will administer Flu Shots. Sign Up Today!!
Oct 7-Wed. 11:30am-End of Summer Grill Out. Celebrate the end of summer with “Larry’s grilled to perfection” hot dogs along with a delicious side dish.” Donation is \$2.00. Sign Up Today!!
NOTE: The Community Mosaic Project . The class will begin soon. Sign Up Today.
September is National Senior Center Month. Look at the front counter for special activities.